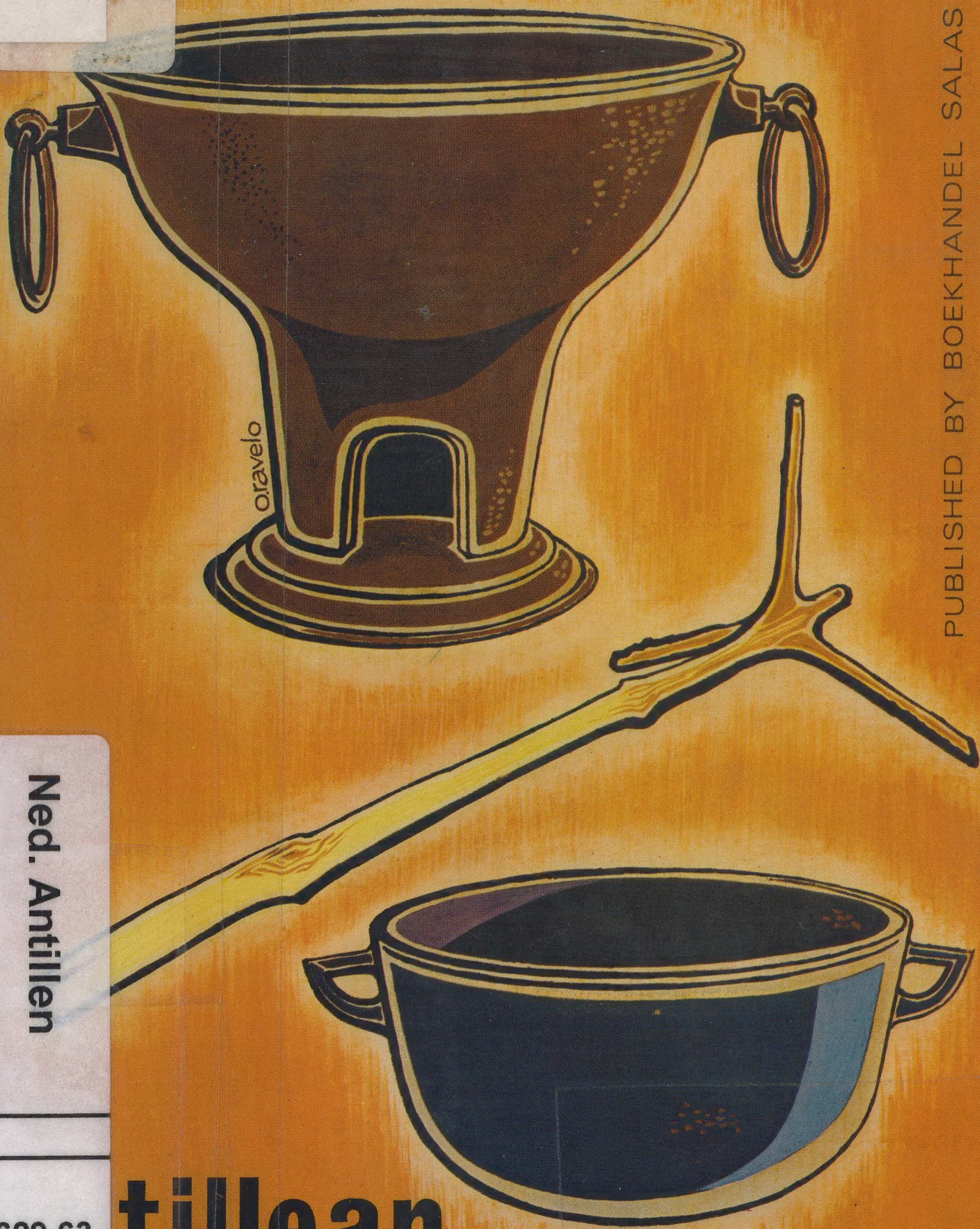


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# Antillean Cooking

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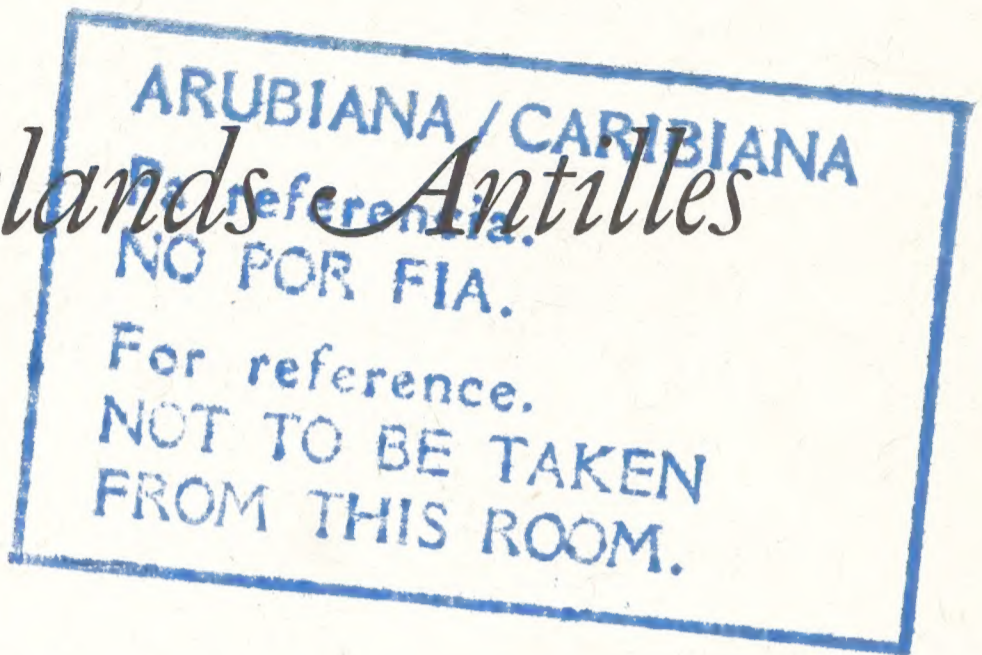


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# Cookbook

## of the Netherlands Antilles



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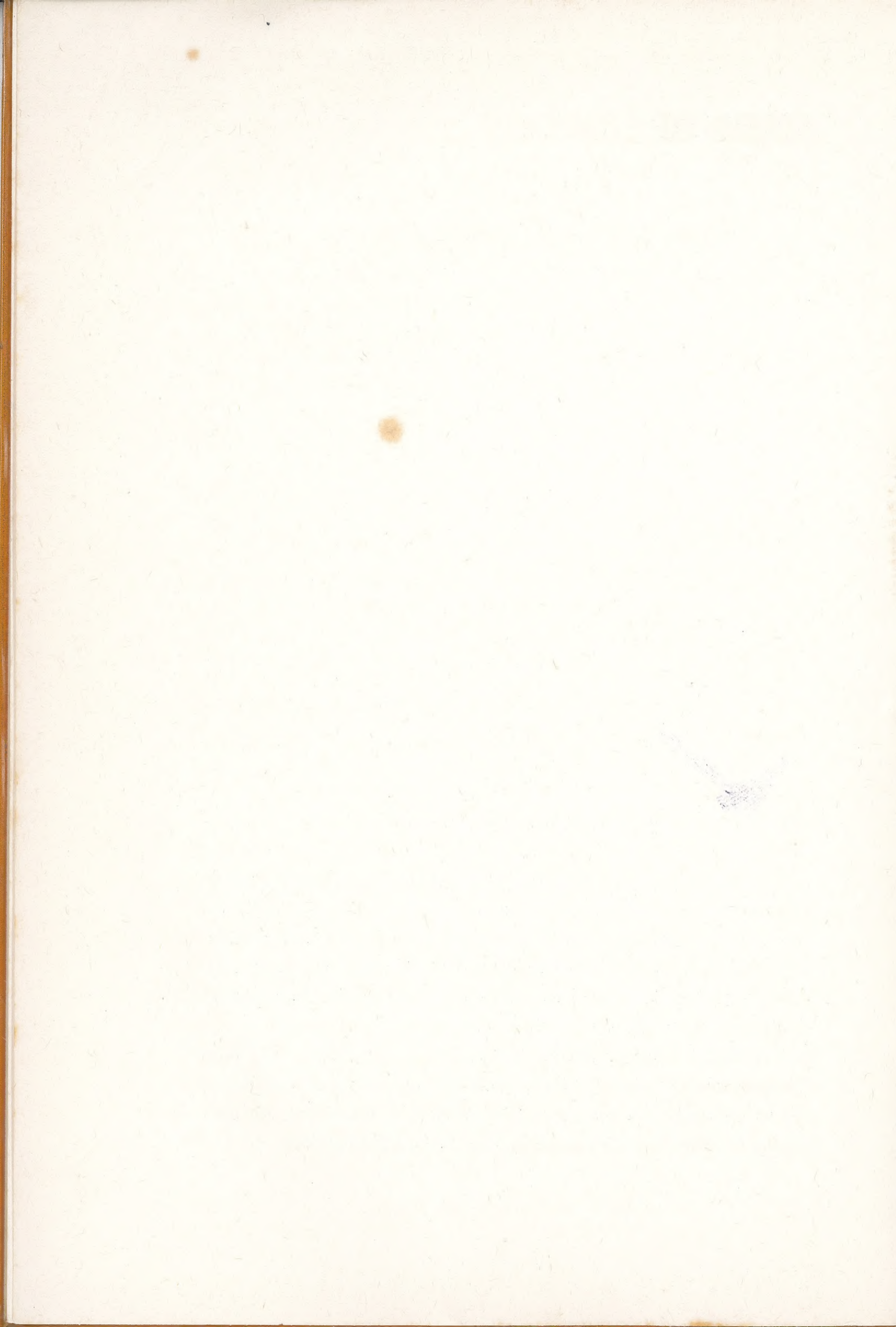
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# FOREWORD

Dear Friends of Netherlands Antilles Cuisine,

In this little book you will find some of our best known dishes. Perhaps you enjoyed some of them while visiting here and would like to try preparing them at home for your family and friends. They will be a special treat for those who like good food and take pride in preparing it well as we in the Antilles do. Each recipe is designed to yield six average servings.

It has been a great pleasure assembling this book for you. Knowing that visitors to our islands are interested in our meals has heightened this pleasure. We wish you much joy in preparing, cooking and eating these typical Antillian dishes.



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# SOUPS



## **Meat soup**

### **Sopi di carni**

1½ lb. beef or veal, 4 pints water, 1 onion, 1 bunch soupgreens, 4 potatoes peeled and quartered, vermicelli, salt to taste, ½ hot pepper, 1 can tomato paste.

Wash the meat and bring the water to a boil. Add the meat, salt and greens. Cook until the meat is nearly tender and add the potatoes, vermicelli and tomato paste.

## **Chicken soup**

### **Sopi di gallinja**

1 chicken, 1 lb. of beef bones, 2 tomatoes, 2 onions, 4 pints of water, 4 oz. white wine, 6 canned asparagus, ½ C canned peas, 2 Tbs. capers, ½ C small pitted green olives, 1 hard-boiled egg, croutons.

Boil the chicken in water with the soupbones, tomatoes and onions. When tender, cut chicken into small pieces and discard bones. Pass soup stock through strainer and return to low heat. Add the cut-up chicken and white wine. Just before serving add the asparagus, peas, capers and cut-up olives and then pour soup over croutons and egg slices.

## **Chicken soup with vegetables**

**Sancochi di gallinja**

1 chicken, 4 pints water, 2 onions, 2 leeks, 1 stalk celery, 4 potatoes, 2 sweet potatoes, 1 piece of pumpkin, 4 corns on the cob, salt to taste, 1 large sweet pepper, 1 hot pepper.

Prepare this soup the same way as the plain chicken soup above except that all the vegetables are cooked with the chicken after they have been cut up. This soup is usually served with the greens removed and placed on a separate dish. Beef or veal can be substituted for the chicken in this soup and can be served as a main dish.

## **Fish soup**

**Sopi di piscá**

1 lb. fish (red snapper, turbot or halibut), 2 pints water, 1 onion, salt to taste, a small hot pepper, 2 boiled potatoes, vermicelli, soupgreens,  $\frac{1}{2}$  can of tomatoe paste.

Boil the well-cleaned and deboned fish in cold water with the salt, onion and hot pepper. When the fish is nearly finished add the potatoes, vermicilli, soupgreens and the tomato paste.

## **Creamed fish soup**

**Sopi di piscá crema**

2 pints fishbroth, 1 Tbs. butter, 1 Tbs. flour, 1 egg yolk, salt, nutmeg, pepper, milk or cream.

Melt the butter, stir in the flour till dissolved and slowly add the strained fishbroth. Bring to a boil and hold at a simmer. In the soup tureen, beat the egg yolk with the cream or milk, salt, nutmeg and peper and slowly add the hot soup.

## **Lobster soup**

**Sopi di kreeft**

1 lb. lobster meat, 2 pints fishbroth, 1 Tbs. butter, 1 Tbs. flour, 1 egg yolk, salt & pepper.

Boil the lobster until well done (about 15 minutes). Cool. Cut the lobster meat into small pieces. Make a thick soup of the fish-broth, butter, flour and a few drops of red food coloring. Add the meat to the soup and serve.

The lobster can be made into little balls in this way: grind the meat and mix it thoroughly with egg yolk, salt, pepper and bread soaked in milk. Boil the balls in a little salted water and then add the balls to the soup.

### **Oyster soup**

**Sopi di oester**

1 lb. soupbones, hot pepper, onions, 4 egg yolks, 2 Tbs. cornstarch,  $\frac{1}{2}$  C milk, 1 Tbs. butter, 1 Tbs. chopped parsley, 17 oz. can of oysters with the liquid.

Make a broth of the soupbones, salt, hot pepper and onions. Mix 2 Tbs. cornstarch with  $\frac{1}{2}$  C milk, add the 4 well-beaten yolks and slowly add the strained broth. Then add the 1 Tbs. butter, chopped parsley and the oysters and liquid.

### **Okra soup**

**Jambo**

3 pieces salted meat, 2 fillets fish (pike is best), 1 piece salted fish, dried shrimps, 15 pieces fresh okra, 2 pints water, salt and hot pepper.

Soak the salted fish and meat in water. Boil the salted meat in 2 pints water. Cut the okra into thin slices and add to the meat. Mix well. Add the fish, salt, hot pepper and boil until tender. Serve with funchi (cooked corn meal).

Funchi is made as follows:

Bring 2 pints of water to a boil and add a little salt. Slowly sprinkle  $\frac{3}{4}$  to 1 C of corn meal into the boiling water, stirring constantly and bring to a boil again. Fold the thick paste over and over a few times and serve piping hot.

## **Cactus soup**

**Cadushi**

Buy a few cents worth cactus powder, 3 pieces salted meat, 1 bunch sprotts or drie fish, 2 pints of water.

Simmer the meat for a while in the water and let it come to a boil slowly. Sprinkle the cactus powder into it stirring well and add the fish. Can be served with funchi (prepare as in previous recipe).

## **Tripe soup**

**Mondongo cu piá**

Tripe and feet (cow hooves), 4 pints water, 6 potatoes, 1 onion, 6 olives, 12 capers, 1 small hot pepper, 1 clove garlic, 1 can tomato paste.

The day before, clean the tripe well and wash it with plenty of lemon. Bring it to a boil in 4 pints of water and add onion, garlic, salt and hot pepper. Let it boil until done, about 3-4 hours. If necessary, add water. Reheat the soup the next day and add potatoes, peeled and cut into pieces, and the olives and capers.

## **Pumpkin soup**

**Sopi di pampoena**

1 pound pumpkin, 2 pints milk, 1 Tbs. butter, 1 bunch celery greens, salt and pepper.

Peel the pumpkin and cut it into 2 inch cubes. Simmer the pieces about 10 minutes with half the celery greens in half of the butter. Add the pepper and salt and 1/2 pint of boiling water and let boil slowly for another 50 minutes. Strain the pumpkin, add the milk, remaining greens and a litte Maggi. Serve with croutons.

## **Turtle soup**

**Sopi di tortuga**

1 pound turtlemeat, 1 small hot pepper, salt, tomatoes, leeks, 2 Tbs. Madeira or Sherry, garlic, parsley, potatoes.

For the soupballs: turtlemeat, milk, day-old bread, 1 egg.

Wash and rub the turtlemeat well with water and lime. Cut the meat into bite-size pieces. Reserve a piece of white meat to use with bread, milk and egg. Bring the meat to a boil with hot pepper, salt, onions, tomatoes, leeks, garlic, parsley and water. Boil until meat is tender and then pass all ingredients through strainer. Add pieces of meat, soupballs, peeled and cut-up potatoes and wine. Bring soup to a boil again and simmer till potatoes are finished.

### **Coconut-Fish soup**

**Sopito**

2½ lbs. salted meat, 2 fillets of fish (drado, snapper or dolphin will do), small piece of hot pepper, small onion, 1 tomato, 1 grated coconut, 3 Tbs. flour, 1 Tbs. butter, 2 pints water, lemon and nutmeg.

Grate the coconut and soak for 30 minutes in the 2 pints water. Then press the meat (coconut) through a cloth reserving the coconut water. Wash the salted meat well and soak it in water for 1 hour. Bring the beef to a boil with 2 pints fresh cold water and add hot pepper, onion, tomato and nutmeg. When meat is tender (about ¾ of an hour) add the cleaned and washed fish and reboil till fish is tender. Remove the fish and debone. Section into small pieces. Hold fish in reserve. Mix the flour with cold water till smooth paste forms and add to soup. Add coconut juice-water to soup. Stirr well and add fish and butter. Bring to a boil again and cook for 5 minutes. Serve with lemon wedges.

### **Wine soup**

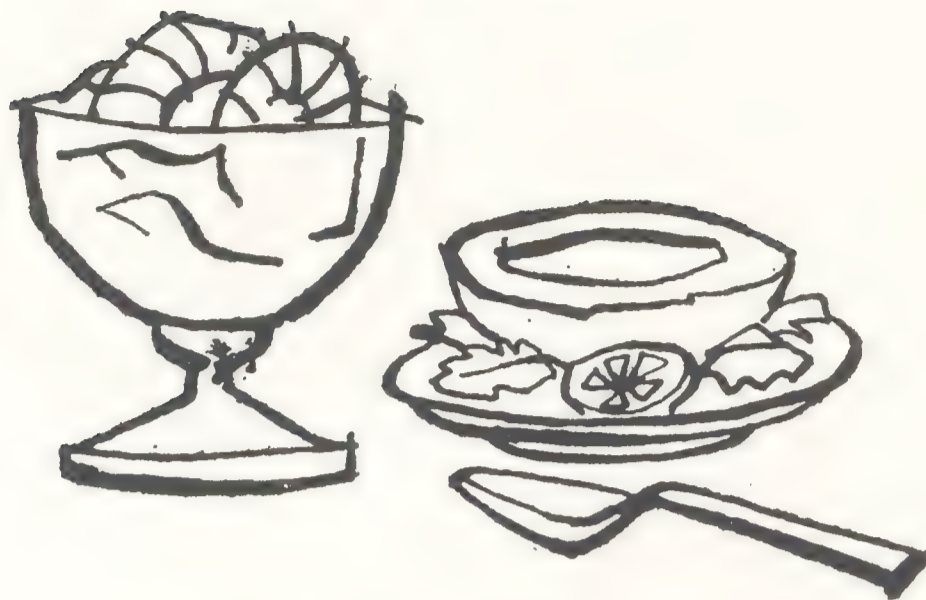
**Sopi di binja**

1 bottle Chianti (16 oz.), 2 pints water, 1 cup dried prunes, 1 piece cinnamon, 2 Tbs. cornstarch, ½ C sugar.

Boil wine and water and add prunes and cinnamon. Keep on low heat. Cook for ½ hour and thicken with cornstarch. Add sugar to taste.

**for your personal recipes**

# APPETIZERS



## **Lobster salad**

**Kreeft na salada**

1 pound lobster meat, 2 onions, 1 hot pepper, salad oil, vinegar.

Boil lobster in salted water, cool and cut into small pieces (be sure to devein). Mix salad oil with vinegar, sliced onions and hot pepper and place lobster in this mixture to marinate it. Refrigerate for 24 hours and serve over lettuce.

## **Fish croquettes**

**Croquetas di pisca**

1 pound fish, 1 tomato, 1 onion, parsley, hot pepper, 2 Tbs. butter, 2 eggs.

Boil the fish with tomato, onion and parsley. When fish is tender, cool, remove skin and bones. Mash with oil and vinegar, salt, hot pepper, cracker crumbs and butter. Mix well and form croquettes. Dip them in the beaten egg and roll through bread crumbs. Fry in hot oil till golden.

## **Fish cakes**

**Pastechi**

For the stuffing:  $\frac{1}{2}$  lb. shelled shrimps, 2 Tbs. chopped onion, 2 cloves garlic finely chopped,  $\frac{1}{2}$  Tbs. salt, scant Tbs. butter, 2 Tbs. chopped leeks.

For the crust: 1 C flour, 3 Tbs. crisco, 3 Tbs. cold water, a little salt, 1 teaspoon sugar.

Fry the onions, garlic, pepper and salt in butter and add shrimps and leeks. Fry another 3 minutes.

To make crust: knead flour, crisco and water into a ball. Roll out dough very thin and cut into circles. Place a little stuffing in center of each circle of dough and seal edges. Flute edges with fork and fry in hot oil. Drain. Stuffing may also be meat, fish, oysters, turtle or cheese.

### ***Fish omelet***

**Vertada di piscá**

1 fish fillet, 2 slices bread without crust, 1 tomato, 1 onion, a small hot pepper, 4 eggs, a little milk, 2 Tbs. butter, nutmeg, salt.

Fry fish, remove skin and bones and mash. Soak bread in milk and mash. Simmer tomatoes, onions and hot pepper in butter and add fish. Beat eggs and mix everything together with salt and nutmeg. Pour in a greased casserole and brown in the oven.

This omelet can also be baked as one big pancake or as small pancakes. Instead of fish, omelet can be made of oysters, canned or fresh shrimps, brain, cheese or corned beef.

### ***Fish in the oven***

**Piscá na forno**

1 pound fillets of fish, 2 Tbs. butter, 2 Tbs. vinegar, 1 Tbs. capers, 2 Tbs. salad oil, 1/2 glass white Rhine wine or dry white Italian wine, hot pepper, mustard, onion, salt and pepper, 4 slices bread.

Boil fish with half the onion, hot pepper, parsley and salt. Soak bread without crust in water and remove water. Add butter, oil, vinegar, capers, wine and remaining onion, parsley, hot pepper, mustard and salt to the bread, mix well, arrange in layers in a casserole. Cover with bread crumbs and bake in moderate oven until brown.



## ***Fish with rice***

**Piscá cu arros**

2 fillets of fish, 1 C rice, 4 Tbs. butter, 5 eggs, salad oil, hot pepper, parsley, capers, olives.

Boil rice. Fry the fillets and when cool, cut into pieces. Mix with butter and spices and arrange fish and rice in layers in a casserole. Pour beaten eggs over the mixture and bake for 1/2 hour in a moderate oven.

## ***Asparagus dish***

**Asparagus dish**

6 eggs, 1/2 lb. grated cheese (mild), 1/2 C evaporated milk, asparagus tips (1 or more cans), salt, nutmeg, 1 can liver paste, butter.

Beat eggs well and mix with cheese, milk, salt, nutmeg and pour over asparagus. Cook in double boiler for two hours. When finished cover with thick sauce of liver paste and butter.

## ***Brain pie***

**Torta di sesoe**

Calf or cow brains, 1 can cooked ham, 2 eggs, 1/2 Tbs. butter, 1/4 lb. grated cheese (mild), cracker crumbs.

Clean brains and soak for 15 minutes in fresh water. Boil brains in clean water for 15 minutes. Remove to fresh water and cool. Remove membranes. Cut into pieces. Mix together the beaten eggs, butter, cooked ham and cracker crumbs and cheese. Place mixture (all ingredients plus brain pieces) in a greased casserole and bake for 1/2 hour in a medium oven.

## ***Brain salad***

**Salada di sesoe**

Brains of calf or cow, vinegar, salad oil, grated onion, 2 tomatoes, 1 tin sweet peas, 2 hard boiled eggs.

Soak brains for 15 minutes and then clean. Remove membranes. In fresh salted water bring brains to a boil. Remove and slice brain and soak in mixture of oil and vinegar. Arrange all ingredients and brain in layers in a serving dish. Decorate with hard boiled eggs and pour some oil and vinegar over it.

### ***Cheese pie***

**Bolo di keshi**

1 C sugar, ½ lb. any mild grated cheese, 1 pint milk, 5 eggs, grated lemon rind.

Beat eggs with milk, sugar, grated cheese and rind. Pour into greased casserole and bake in medium oven till brown.

### ***Corn cake***

**Bolo di maishi**

1 can creamed corn, ½ lb. butter, 1½ C sugar, 1 C milk, 5 eggs, 2 Tbs. corn starch.

Beat eggs with sugar and add corn, corn starch, milk and butter. Bake in greased casserole in medium oven about ½ hour.

### ***Spanish tutu***

**Tutu spano**

2 lbs. pork, tomatoes, onions, garlic, hot pepper, sweet pepper, olives, capers, 1½ C corn meal.

Boil pork and cut into small pieces. Simmer in butter with tomatoes, onions and all peppers, crushed garlic, olives and capers. Add mix to meat and broth and bring to a boil. Add corn meal stirring constantly for 5 minutes. Serve.

### ***Hayaccas***

**Hajaccas**

1½ lb. pork, beef or lamb, 1½ lb. ham, ½ lb. chicken or boneless fish, ½ lb. tomatoes, ½ lb. onions, 1 clove garlic, 1 Tbs. cumin, 2 hot peppers, 1 sweet pepper, 3½ Tbs. capers, 1 small bottle olives, 4 Tbs. raisins, 6 pitted prunes.

For the covering: 3 C white corn meal, a little milk, broth, banana leaves or aluminum foil.

Simmer the chicken and debone. Cut into small pieces. Cut-up ham. Fry the pork and cut into small pieces. For 15 minutes simmer: pork, chicken, some of chicken stock, butter, cut-up tomatoes, onions, all peppers and garlic. Do not let mixture become dry. Make a smooth mix of corn meal with milk or meat sauce. In separate dishes place capers, olives, raisins, prunes, almonds and ham. Clean each banana leaf with wet cloth and place two at a time crosswise. Put 1 Tbs. of corn meal in the middle of the leaves and spread evenly with a wet knife. Be careful not to puncture the leaves. Next, place a little of the meat mixture on the corn meal and add a piece of ham, an olive, a few capers, almonds, some raisins and a prune. Fold the leaves like an envelope and tie with string securly so that no water may enter. Cook the hayaccas in water for two hours and refrigerate if desired or serve immediately. If held for a few days, heat before using in boiling water for 5 minutes.

Hayaccas can also be made in a large pyrex dish, greased and lined with corn dough, same filling and covered with more of the dough. Cook in double boiler for 30 minutes.

## **Empanadas**

## **Empanadas**

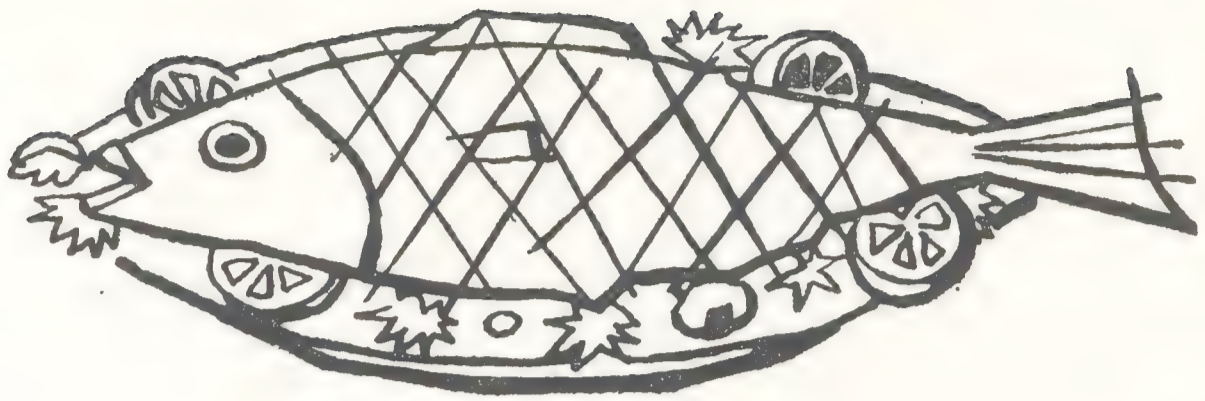
1 lb. meat, ½ lb. butter, 2 onions, 2 tomatoes, 1 hot pepper, salt, capers, olives, raisins.

For the crust: 1 C yellow corn meal, ½ C flour, 4 Tbs. grated cheese, 1 boiled and mashed banana.

Simmer meat and spices in butter. Then cut or grind mix into very small pieces and add capers, olives (cut-up) and raisins. Boil the corn meal with salt and pour on floured board. When cold, mix with flour and add cheese and banana and knead to a smooth paste. On a wet cloth, spread 1 Tbs. of the mixture and put some meat on top. Fold the piece and seal the edges. Fry in hot oil. Repeat until the mixtures are used up.

**for your personal recipes**

# FISH



## ***Fish in the oven***

### **Piscá den forno**

1 lb. fish or fish steaks (halibut or dolphin), 1 tomato, 1 onion, hot pepper, parsley, 2 Tbs. butter, 2 Tbs. salad oil, 2 Tbs. vinegar, 1 Tbs. capers,  $\frac{1}{2}$  glass sherry, a little dry mustard, a few slices of bread without crusts.

Boil fish with tomato, hot pepper, onion and salt. Soak bread in water and squeeze dry. Mix bread with butter, oil, vinegar, capers, wine and the mustard. Remove skin and bones from fish and cut fish into small pieces. In layers in a greased casserole, arrange fish and bread mixture. Sprinkle with bread crumbs and dot with butter. Brown in medium oven.

## ***Stewed fish***

### **Piscá stobá**

2 lb. or 4 fillets of red snapper, 1 big onion, 2 tomatoes, 2 cloves garlic,  $\frac{1}{2}$  sweet pepper, 3 sprigs parsley, 1 can undiluted celery soup, 1 glass white Rhine wine or dry white Italian wine, butter, salt and pepper.

Skin and debone fish and sprinkle fillets with salt and pepper. Arrange in layers, fish, onions, garlic, finely chopped parsley and sweet pepper. Top with soup and wine and bake for  $\frac{1}{2}$  hour.

## **Stewed fish balls**

**Balchi di piscá stobá**

2 fillets of fish (dolphin, snapper, halibut or cod), 1 tomato, 1 onion, hot pepper, 2 cloves garlic, nutmeg, 2 pints water, 2 slices bread, 2 eggs, 2 Tbs. butter, 6 potatoes, a little milk.

Wash, skin and debone the fish and grind fish with milk-soaked bread. Mix with beaten eggs and make little balls. Chop tomato, onion and hot pepper and simmer in butter. Add water and the cut-up potatoes. As soon as potatoes are soft add the fish balls and stew together with salt and pepper till done.

## **Stewed lobster**

**Kreeft stobá**

1 lb. lobster meat, 1 tomato, 1 onion, 4 whole cloves, 4 cooked and quartered potatoes, 4 Tbs. butter, a little water.

Boil the lobster and cut it up. Simmer spices in butter and add lobster pieces and water. Stew and add the potatoes.

## **Stuffed fish**

**Piscá llená**

1 medium sized fish (snapper) or fishtail of about 2 lbs.,  $\frac{1}{2}$  teasp. capers and pickles. Soak and mash bread without crust. Add butter, parsley, capers and pickles.

Simmer chopped onion with cut-up tomatoes in 1 Tbs. butter. Remove from heat and add cut-up potatoes, eggs, capers, pickles and chopped parsley, salt and pepper. Clean fish and remove head. Open fish and remove backbone. Leave tail end closed. Rinse fish and rub with salt. Fill the fish with stuffing and close with skewers. Place fish in casserole with butter and some water and bake, covered, for  $\frac{1}{2}$  hour in moderate oven. Decorate fish with parsley, small potatoes or potato croquettes. Cook fish head for 5 minutes and garnish with lemon and parsley.

## **Oyster pudding with shrimp**

**Pudin di oester cu cabaron**

1 can oysters, 2 cans shrimp, 8 eggs, 6 olives, pickles, capers, a few slices bread, 2 Tbs. butter, salt, hot pepper, a little milk.

Cut oysters, shrimps and olives into small pieces and add to capers and pickles. Soak and mash bread without crust. Add butter hot pepper and salt to taste. Mix everything with beaten eggs and cook in double boiler. Serve with a shrimp or oyster sauce.

## **Stuffed cheese**

**Keshi llená**

1 scooped out Edam cheese, 1/2 lb. Edam cheese, 2 fillets or 2 lb boiled fish, 1 big onion, 2 tomatoes, 10 olives, 1/2 C bread crumbs or 1 C macaroni, 2 eggs, pickles, hot pepper, raisins, 2 Tbs. butter.

From top of cheese cut out a hole about 3-4 inches across and reserve the piece of rind for a cover. Scoop out cheese and reserve 1/2 lb. for this recipe. Leave 3/4 inch crust on the cheese and soften with boiling water. Cut up fish and onion and simmer in butter with other ingredients. Boil the macaroni (shell or elbow). Beat eggs well and mix with fish. Soak the scooped out cheese for about one hour in warm water. Fill the cheese shell with the mixture, bread crumbs or macaroni included. Arrange the cheese shell in a buttered casserole of the same size as the cheese and place in the oven for about 1 1/2 hours, at 350 degrees. A double boiler can be used instead, cooking the cheese dish for 2 hours. 6-8 persons can be served.

## **Preserved fish**

**Scavechi**

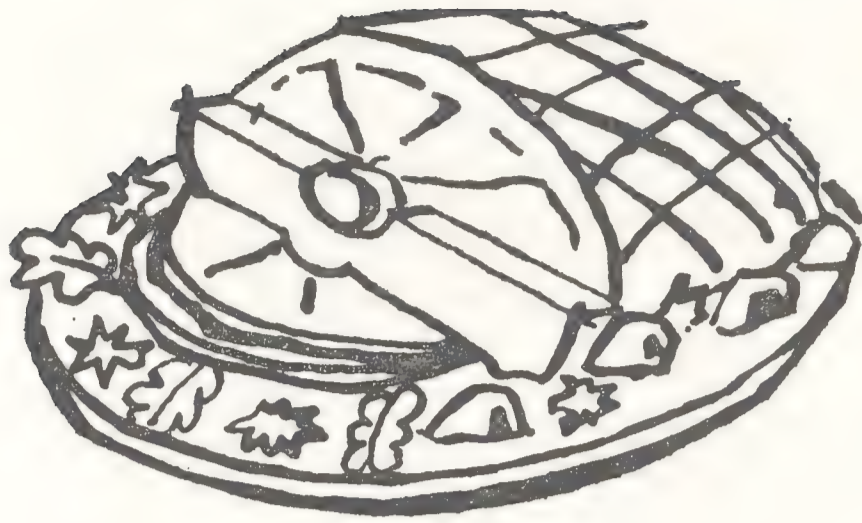
2 fillets of drado (dolphin), or red snapper, 3/4 C vinegar, 1/2 C salad oil, 1/2 lb. onions, 1 hot pepper, pepper, clove, comin seeds.

Fry fish in oil and place in deep dish. Boil spices in the vinegar and oil for 10 minutes and pour this hot liquid over the fish. Let stand over night in the refrigerator. Serve with bread.

**for your personal recipes**



## MEAT



### **Head cheese**

To make head cheese is quite a job and not everybody knows the right way. It is a typical Curaçao recipe and is usually prepared for the weekend or a party. Perhaps you would like to try it. We wish you success.

1 whole pigs head, 4 pork legs, 6 limes, 1½ cloves of garlic, cloves, peppercorns, 2 bay leaves, hot pepper, salt, vinegar.

Wash head and legs well and shave them. Cut out the tongue and wash it. Clean the nose and with a piece of uncooked macaroni clean out the clotted blood. Cut off the ears, wash and shave them. Cut the legs once lengthwise. Put all the ingredients in a large kettle and cover with water. Boil for 2-3 hours or until tender. If needed add water. Let stand to cool. Remove the grey film on the tongue and in the mouth. Cut all the meat into slices and arrange meat and spices in layers in a deep dish. Pour vinegar over all and let stand overnight until most of the vinegar is absorbed.

### **Stewed liver**

**Higra stobá**

1 lb. liver (beef or veal), 1 tomato, 1 onion, nutmeg, hot pepper, 1 piece cinnamon, 1 glass water, 2 Tbs. butter, ½ C corn meal, 1 egg, 1 Tbs. butter.

Place the liver in limewater for 15 minutes and then bring to a boil. Remove from water and cut into small pieces. Simmer tomato, hot pepper, nutmeg, cinnamon in two tablespoons butter and add the liver pieces and water. Cook until the liver is tender. Mix the corn meal, beaten eggs, milk and 1 Tbs. butter and form little balls. Add to the liver and stew until done.

### **Ground liver**

**Higra fini stobá**

1 lb. liver (beef or veal), 4 potatoes, 1 tomato, 1 onion, hot pepper, nutmeg, 2 Tbs. butter, a little water, salt.

Simmer tomato, onion and hot pepper in butter. Boil the liver, grind and add to spices and water. Simmer a little longer with the boiled and cut up potatoes until the potatoes are soft.

### **Liverpaste I**

**Pudin di higra**

1½ lbs, liver (beef or veal), 4 eggs, 2 slices bread, milk, 2 Tbs. flour, 1 onion, salt and pepper, 1 Tbs. chopped parsley.

Bring liver to a boil, cool and grind then mix with bread-soaked milk. Add flour, beaten eggs, salt, pepper chopped and fried onion and parsley. Form smooth mixture. Cook the paste in a buttered double boiler till done (about 1½ hours). Serve hot with tomato or Madeira sauce or serve cold.

### **Liverpaste II**

**Pudin di higra**

1 lb. liver, 5 eggs, 1 tomato, 1 clove garlic, 1 sweet pepper, 1 onion, salt, pepper, capers, 1 Tbs. lemon juice, 1 Tbs. English sauce, a little butter.

Simmer liver with spices in butter. Cut liver into small pieces and grind. Add capers, English sauce and lemon juice and simmer a little longer. Beat eggs well. Grease a casserole with butter and

pour in half the eggs. Place liver in the eggs and pour over it remaining egg. Bake 1½ hours in moderate oven. Serve whole or sliced.

### **Chicken with mushrooms**

**Galinja di champignons**

1 chicken, 1 can mushrooms, ½ C milk, 1 Tbs. flour, 2 Tbs. butter, hot pepper, salt, 1 onion, 4 eggs, 4 Tbs. grated cheese.

Boil chicken with salt, hot pepper, and onion till tender. Cut up the chicken and debone. Make a sauce of the butter, flour, milk and some of the stock. Fill a buttered casserole with layers of chicken, cheese, mushrooms and sauce. Beat eggs and pour over the chicken and then sprinkle bread crumbs over the dish. Brown in the oven for ½ hour.

### **Chicken with rice**

**Galinja coe arroos**

1 chicken, 1 lb. rice, tomato juice, 1 onion, 1 tomato, 2 cloves garlic, 1 sweet pepper, 1 can shrimps, 1 can crab meat, butter, 1 Tbs. vinegar.

Wash chicken and cut it up. Sprinkle with salt and pepper and fry in hot oil until browned. Wash rice and cook until tender and dry. Heat oil and fry rice until browned then remove and drain. Simmer together on a low flame the rice, chicken and spices adding shrimps, crabmeat and peas when just about finished. If desired, add a teaspoon of mustard and tomato juice.

### **Stuffed land turtle**

**Tortuga jena**

2 land turtles, 10 eggs (5 hard boiled, 5 beaten), 2 Tbs. vinegar, ½ lb. potatoes, some raisins, capers, olives, almonds, 1 onion, sweet pepper, 2 cloves garlic, ¼ C Madeira wine, 1 Tbs. English sauce, salt.

Kill the turtles taking care that the shells don't break. Clean all with limes. Cut the meat into small pieces and stew with salt, onion, tomato, garlic, sweet pepper, vinegar and butter. When nearly done, add cubed potatoes, raisins, capers, olives, and almonds. Stew together a little longer. Lastly, add the wine. Wash and boil the shells until the scales come off. Fill them with layers of the ingredients thusly: first the meat, then hard boiled egg slices, beaten egg, meat and so on. The last layer should be beaten egg. Brown in a medium oven.

### ***Lambchops***

2 lbs. lambchops, 1 onion, 1 tomato, 1 sweet pepper, nutmeg, 2 Tbs. butter, 1 Tbs. vinegar, salt, English sauce, water, 4 eggs, flour, oil.

Push the meat up along the rib bone to the thickest part of the chop and arrange all chops on a dish. Use the bare rib as a handle. Beat 4 eggs (set aside 2 egg yolks) and add flour, salt and nutmeg. Cover the chops with this mixture and fry in hot oil.

For the sauce:  $\frac{3}{4}$  C warm milk, 1 Tbs. butter, 2 egg yolks. Beat the yolks, add the milk and butter slowly, and add salt and about 2 Tbs. tomato paste to taste. Heat the sauce in a double boiler until thick.

An alternate method for preparing lambchops is to roll them in pastry dough and fry them in deep fat.

### ***Stewed meat with potatoes***

**Stobá**

2 lb. veal or lamb, 1 onion, 1 tomato, 1 clove garlic, 1-2 hot peppers, 2 cloves, 2 Tbs. ketchup, 2 Tbs. vinegar, 2 Tbs. butter, 2 Tbs. oil,  $\frac{3}{4}$  C water, salt, nutmeg.

Cut the meat into small pieces and add all spices except ketchup. Simmer until nearly done and add ketchup. Cover with cubed potatoes. Simmer again just until potatoes are finished.

## ***Small meat cakes***

1 lb. boiled meat, 1 onion, parsley, old bread or ½ lb. cold boiled potatoes, milk, 5 Tbs. butter, salt, pepper, nutmeg, bread crumbs or cracker crumbs.

Lightly brown the chopped onion in a litte butter. Mix onion with finely chopped meat, bread-soaked in milk or mashed potatoes, some chopped parsley and the other spices. Mix thoroughly. Make little round or oblong cakes out of the mixture and roll them in the crumbs. Fry the patties on both sides in butter. Decorate with parsley.

**for your personal recipes**

# VEGETABLES



## *Stobá*

This Papiamento word means stewed and people in the Antilles like to stew many different things together. For instance, meat, fish and vegetables. Ingredients are left in their original form rather than in a cut-up form. The base of a stobá in the Antilles usually consists of mutton or goat but beef or veal may be used. These are combined with salted meat, bacon, fresh vegetables such as: carrots, spinach, white cabbage, green papaya, bananas and pumpkin. Canned vegetables like cut beans, brussel sprouts or souerkraut can be used. The following recipe may serve for a variety of vegetables but take care, different vegetables take different time to stew.

### **Stewed carrots**

### **Wortelstobá**

1½ lbs. meat, ½ lb. salted meat, 2 lbs. carrots, ½ lb. potatoes, 1 onion, 1 tomato, butter, hot pepper, pepper, salt.

Soak the salted meat in water for about an hour. In fresh water boil the meat with 3 Tbs. butter, pepper and salt and a piece of hot pepper. When nearly finished add the vegetables and a half hour later add the potatoes. Stew but do not let the stobá get too dry. If necessary, add butter or a little water.

## **Stuffed cabbage**

**Colo llená**

1½ lb. cabbage, 1½ lb. beef, 1 tomato, 1 onion, pepper, salt, 2 eggs, a slice of bread, a little milk, and butter to fry.

Remove core and leaves of the cabbage and boil in water till nearly tender. Stew meat, tomato and onion with butter and water. Mix with the soaked bread, pepper and salt. Put a little of this mix on each cabbage leaf and fold the leaf. Beat the eggs and dip the cabbage rolls in egg. Fry till brown. To keep rolls together use toothpicks making sure to remove them before serving the cabbage. Another way to prepare stuffed cabbage is to fill the cabbage leaves with rice and ham and cheese cubes. Place the rolls in a buttered casserole and pour a can of undiluted tomato soup over them. Bake in a moderate oven until done.

## **Tutu Curacao**

**Tutu Corsow**

3 C black-eyed beans (wowo pretoe), small white beans with a black spot, 1 lb. corn meal, 2 Tbs. lard, 2 Tbs. butter, 2½ C sugar, grated cheese.

Boil the beans with plenty of water and when tender, add the corn meal, lard, butter, sugar. Fold everything together and mix well. Instead of water, coconut water may be used.

## **Stewed eggplant**

**Beregein**

4-6 eggplants, 1⅓ Tbs. butter, salt, ¾ C water or stock, 3½ Tbs. flour, pepper, grated cheese.

Peel the eggplants, cut into slices and fry in butter. If necessary, add a little water or stock. Mix flour with the rest of the water to a smooth paste and add to eggplant. Boil to a thick sauce. Season with salt and pepper to taste and sprinkle with grated cheese. Brown in a medium oven.



## **Fried eggplant**

**Beregein asa**

3 ripe eggplants,  $1\frac{1}{3}$  Tbs. butter, pepper and salt.

Wash but do not peel eggplants. Cut them lengthwise into slices and sprinkle with salt, pepper. Fry them in hot butter till a nice light brown. Fried eggplant is more delicious with fried tomatoes and fried rings of onion.

### *Eggplant dish - beregein*

4-6 eggplants, 1 lb. tomatoes or 2 Tbs. tomato paste, 3 small onions, a tablespoon butter,  $3\frac{1}{2}$  Tbs. flour, salt, pepper,  $\frac{1}{2}$  Tbs. chopped parsley, 1 lb. boiled potatoes.

Peel eggplants and boil in salted water. Chop onions and fry in butter. Add cut-up tomatoes or paste and enough water to make 1 pint of liquid. When tomatoes are soft strain the mixture and add salt & pepper to taste. Cut the eggplants in slices and arrange in layers in a greased casserole. Cover with the sauce and bake. Serve with mashed potatoes.

## **Eggplant with meat**

**Beregein coe carni**

4 eggplants, 1 lb. hamburger meat,  $3\frac{1}{3}$  Tbs. butter, flour, 1 onion, 1 Tb. chopped parsley, tomato paste, salt and pepper.

Skin the eggplants and cut them lengthwise in two. Sprinkle with salt and pepper and leave for a few hours. Dry with a clean towel, roll in flour and fry in 2 Tbs. butter until a golden brown. Mix the hamburger meat with the chopped and fried onion, salt and pepper. Fry this mix in the same pan as eggplant until done. Arrange eggplant and meat in layers in a greased casserole and cover with the tomato paste. Cover the casserole and bake in a moderate oven. Another way to serve this dish is to cut the eggplants lengthwise and cut deep into the pulp without damaging the skin. Take out the pulp and mix, for instance, with mushrooms, grated cheese or a spiced meat stuffing. Use the eggplants as a dish. Cover with bread crumbs and dot with butter. Heat in the oven for just 5 minutes.

## ***Stewed pumpkin I***

**Pampoena stobá**

1 small pumpkin, 1 lb. tomatoes, 1 lb. sweet potatoes, 3 pieces salted meat or 1 lb. meat, 1 Tbs. butter, 1 Tbs. sugar, 1 pint water.

Peel pumpkin and tomatoes and cut them up. Soak salted meat in water for one hour and then boil in fresh water until tender. Add pumpkin and potatoes and stew all together with butter and sugar. Instead of salted meat fresh meat may be used but boil first until tender.

## ***Stewed pumpkin II***

**Pampoena stobá**

2 lbs. pumpkin (with solid pulp), 1½ C stock, 1½ Tbs. butter, 3 Tbs. flour, salt, pepper, grated lemon rind.

Peel, wash and cut the pumpkin into big cubes. Boil the pieces in salted water for about 10 minutes. Brown the butter with 3 Tbs. flour and add the stock to make a smooth sauce. Heat the rind, salt and pepper and pumpkin pieces for about 15 minutes in the sauce but do not stew. Add the rest of the butter just before serving. Ham or cheese cubes may be added for a different taste.

Another way to prepare this is as follows: use the pumpkin as a vegetable by simply peeling and boiling the pieces of pumpkin.

## ***Stuffed pumpkin***

**Pampoena llená**

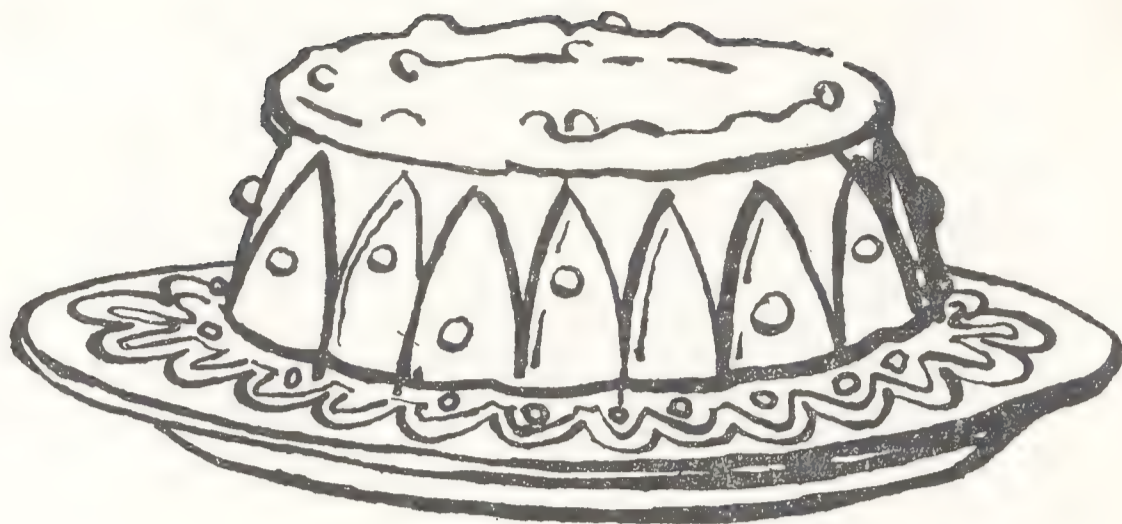
1 small pumpkin, 3 hard-boiled eggs, 2 Tbs. flour, a piece of butter, a small onion, ½ pint of water or milk, 1 Tbs. tomato paste, grated cheese, salt, parsley, 2 teasp. Maggi sauce.

Peel pumpkin and cut in half. Scoop out half and cut the rest into cubes and boil them in salted water. Melt butter. Add grated onion to mashed pumpkin cubes and add remaining ingredients. Bake in greased casserole at 325 degrees until peeled half is soft about 30-45 minutes.

**for your personal recipes**

**for your personal recipes**

## DESSERTS



### **Coconut pudding**

**pu din di coco**

½ lb. grated coconut meat, 2 pints coconut water (from a green or unripened coconut), ½ C corn starch or custard, 2 eggs separated, lemon or orange juice.

Grate or grind the coconut meat. If 2 pints coconut water is not available add milk to make the required amount. Mix egg yolks with sugar, corn starch or custard and add a little of the coconut water to make a smooth paste. Bring the rest of the coconut water to a boil and add the thin paste. Reboil. Remove from the heat and mix with grated coconut and very stiffly beaten egg whites. Pour into a wetted pudding form. To make the sauce, thicken the lemon or orange juice with corn starch, add sugar or make a vanilla sauce.

### **Soursap pudding**

**pu din di sorsaca**

1 large soursap, ½ C sugar, ½ C red wine for 1½ C soursap pulp, 2 envelopes Knox gelatine.

Cut soursap open and scoop out the pulp. Pass it through a strainer to remove seeds. Mix with sugar to taste and add red wine. Dissolve the gelatine in cold water and mix with the pulp. Pour into a wetted form, let cool and refrigerate until firm. Serve with vanilla sauce. Can also be served in individual dishes without the sauce.

### *Soursap pulp*

1 soursap, ½ C sugar, a little milk or cream

Cut soursap open and scoop out pulp. Strain to remove seeds and then mix pulp with sugar to taste. This dessert may be used instead of applesauce. Add a little milk or cream to make a thinner dessert.

### **Egg cake (sponge cake made flat)**

**panlefi**

This is the basic recipe for the egg cake that will be called for in some of the following recipes.

7 eggs, 1 C flour, 1 C sugar, 1 teaspoon vanilla.

Beat eggs with sugar until fluffy and slowly add the sifted flour. Add the vanilla. Line a cakeform with buttered wax paper and pour the batter in. Bake in a 350° oven for 30 minutes.

### **Strawberry pudding**

**puddin di fresas**

2 pints milk, 6 egg yolks, 2 C sugar, 1 large can strawberries or a box of frozen berries, 3 Tbs. corn starch, lemon rind, 1 envelope Knox gelatine, 4 pieces of egg cake (see previous recipe).

Make a custard of the milk, yolks, sugar and corn starch. Dissolve the gelatine in cold water and add to the custard mix. Stir to be sure gelatine liquid is thoroughly mixed into custard liquid. Soak egg cakes in the syrup of the strawberries and arrange in layers the custard, egg cakes and strawberries. Cover with strawberries and cool.

### **Chipolata pudding**

**puddin di chipolata**

2 pints milk, 12 eggs, 2 C sugar, vanilla, lemon or lime rind grated, 1 lb. candied fruits cut small, 4 Tbs. raisins, 6 egg cakes, 2 Tbs. butter.

For the sauce: Cook until thick milk (1 pint), 3 eggs, 2 Tbs. corn starch and 1 teaspoon vanilla.

For the egg cakes see the previous recipe.

Beat the 12 eggs with sugar and add milk, vanilla and rind. Stir to form smooth mix. Cut egg cake into slices and butter them. Fill a pudding form with layers of mix, egg cakes, candied fruit pieces and raisins. Have the mix on the top. Heat the pudding in a double boiler until it thickens and then cool. Serve with the sauce and decorate with candied fruits.

### ***Rice pancakes***

**arepa di aroos**

1 C raw rice,  $\frac{1}{2}$  C sugar, 2 eggs, small can of evaporated milk, 1 C flour, 1 teaspoon baking powder, 1 teaspoon vanilla, cinnamon and nutmeg.

Boil the rice, following standard directions until finished. Let cool. Sift the flour and stir into the milk. Combine this with the rice. Beat the eggs with sugar and add vanilla, spices and baking powder. Add to rice. Make little cakes of this mixture and brown in butter on both sides in a pan.

### ***Banana pancakes***

**arepa di bacoba**

3 plantains (half ripe),  $\frac{3}{4}$  C flour, 1 pint milk, 3 eggs, butter.

Make a batter of flour, milk and eggs. Mash bananas and mix into the batter. Fry round pancakes in butter and sprinkle with sugar and cinnamon before serving.

### ***Banana fritters***

4-5 ripe bananas peeled and cut into pieces, 3 oz. milk, 1 egg,  $\frac{1}{2}$  C flour, 2 teaspoons salt, 3 Tbs. sugar.

Beat together for 5 minutes the flour, egg yolk and half the milk. Slowly add the rest of the milk, and stiffly beaten egg white.

Coat the pieces of banana with this mixture and fry them in hot oil. Drain them and serve with sugar. Pineapple chunks can be substituted for the banana.

### **Banana dessert**

**pasa boca di bacoba**

3-4 egg cakes, 4 ripe bananas, 1½ C milk, ¼ C corn starch, ½ C sugar, 2 eggs.

Cover the bottom of a buttered baking dish with egg cakes and cover cakes with a double layer of sliced bananas. Make a custard of 1½ C milk, ¼ C corn starch, ½ C sugar and 2 well beaten egg yolks. Cover egg cakes and banana slices with the custard and top with stiffly beaten egg whites. Cool in the refrigerator. This dessert can be served hot. Follow recipe and brown in the oven.

### **Cornmeal pancakes**

**arepa di funchi**

1½ C corn meal, 1 C flour, 3 eggs, 2 pints milk, sugar to taste and cinnamon.

Dissolve the corn meal slowly in the milk and add the beaten eggs, sugar and cinnamon. Fry the mixture in pancake form in hot butter.

### **Pumpkin pancakes**

**arepa di pampoena**

1 small pumpkin, milk, flour, butter, 1-2 eggs, cinnamon, sugar to taste, ½ C raisins.

Peel the pumpkin and cut into pieces. Boil them until tender and mash. Add the beaten eggs and milk and as much flour as necessary to make a pancake batter. Add sugar, cinnamon and raisins. Fry in butter until golden on both sides.



## ***Mango dessert***

25 mangos, 1/2 C sugar for fresh compote, lime juice.

25 mangos, 4-5 C sugar for stewed compote.

Fresh compote: Peel fruit remove seeds and cut into pieces. Arrange in serving dish and cover with sugar and lime juice to taste.

Stewed compote: Wash, cut-up fruit, boil and then strain. Boil pulp again with sugar until desired thickness is obtained. Another way to prepare stewed compote is to peel the mangos, remove seeds and boil. Each pound of fruit pulp requires 3/4 C sugar and 1 glass of water. Boil until soft and add vanilla to taste. Chill and serve.

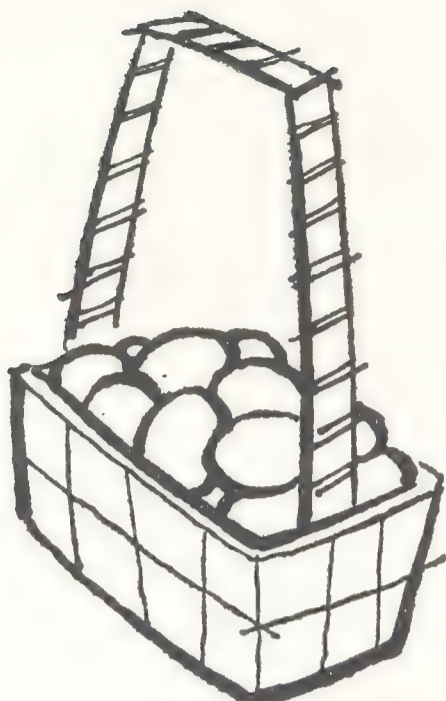
## ***Guayaba marmelade***

Wash fruits and cut them up. Boil with a little water until soft (about 30 minutes). Strain and measure pulp. For each cup use 1 C sugar. Boil fruit and sugar until first bubbles form and remove from heat. Cool in form and serve cut into slices.

Another manner of preparing this dessert is to cook in same manner but after cooling cut into bars and roll them in sugar and wrap in wax paper. We call them "Bocadillas".

**for your personal recipes**

## MISCELLANEOUS



### **Pumpkin cake**

### **Bolo di pampoena**

1½ lb. (3 C) pumpkin, 2 C sugar, 1 lb. butter 1<sup>3</sup>/<sub>8</sub> C flour, vanilla, 1 tsp. cinnamon, dash of cloves and nutmeg, 6 eggs, a little milk, 1 Tbs. baking powder, candied lemon rind, 4 Tbs. raisins.

Peel pumpkin, cut into pieces and boil until tender in a little water. Strain. Cream the butter with the sugar and add well beaten eggs slowly. Add spices, strained pumpkin and, if necessary a little milk. Add baking powder, flour and vanilla. Fold in lemon rind and raisins and pour in buttered baking pan. Bake in moderate oven for about ¾ of an hour.

### **Coconut cake**

### **Tert di coco**

1 C grated coconut meat, ½ C milk, ¼ C coconut water (milk alone will do if not coconut water is available), 1 teasp. salt, ¼ C flour, ¼ C sugar, 4-5 eggs separated, 2 Tbs. butter, piece of vanilla.

Cream the butter and sugar and add vanilla, salt and egg yolks. Add flour and milk and coconut water until smooth is obtained. Add grated coconut meat and very stiffly beaten egg whites. Pour into greased pan and bake at 350 degrees until ready - about ¾ hour. Serve hot or cold.

### **Small coconut cakes**

**Tert di coco**

1 C flour, 8 Tbs. firm butter, grated meat from one small coconut, sugar, 2 eggs.

Cut butter into flour and add  $\frac{1}{4}$ - $\frac{1}{2}$  C water. Knead until smooth and form a solid ball. Roll dough out to about  $\frac{1}{8}$  inch thick. Fold together again and rest in cool place for  $\frac{1}{2}$  hour. Repeat 3 times. Then mix grated coconut with eggs and sugar and cut out circles of the dough. Put a little coconut mix in the center of each piece and seal edges with egg white. Cover top with diluted egg yolk and sprinkle with sugar. Bake in a hot oven until done.

### **Meringues with coconut or peanut**

**Soenchi**

1 eggwhite,  $1\frac{1}{2}$  Tbs. sugar, 1 C grated coconut or ground peanuts.

Beat egg white very stiff and add sugar slowly. When stiff, fold in grated coconut or peanuts. Drop individual peaks from teaspoon onto greased cookie sheet and bake at 250 degrees about 1 hour.

### **Cocada**

1 lb. grated coconut, 2 C dark brown sugar,  $\frac{1}{2}$  to  $\frac{3}{4}$  C water,  $\frac{1}{2}$  lemon.

Boil the water and sugar together and form a thick syrup. Mix the coconut meat. Cook until mixture gets firm and add juice of  $\frac{1}{2}$  lemon. Serve in a dish or in pieces of coconut shell.

### **Breadcake**

**Bolo di pan**

4 small French breads, 1 can evaporated milk, 6 eggs, 1 C sugar, 2 Tbs. butter, 2 Tbs. raisins, 2 Tbs. candied lemon peel, 7 tsp. cinnamon, vanilla, 1 Tbs. red vermouth.

Remove crust from breads and soak the bread in water. Squeeze well and soak in milk. Beat the eggs with sugar and add to bread with the raisins, lemon, cinnamon, vanilla and vermouth. Leave for 1/2 hour. Place in buttered pan and bake in moderate oven for 1 hour.

### ***Pineapple cake***

**Bolo di ananas**

1/2 C butter, 1 C sugar, 2 eggs, 1 C fresh mashed pineapple without the juice, 2 C flour, 2 teaspoons baking powder.

Cream the butter with the sugar and add the egg yolks one at a time. Add the pineapple without the juice. Blend in the sifted flour, the baking powder and very stiffly beaten egg whites. Bake for one hour in a greased form at 350 degrees. Cool and serve with a sauce.

Sauce: Sift 2 C confectionary sugar. Add to it 3 Tbs. pineapple juice and beat until creamy. Decorate the cake with pineapple and cherry halves.

### ***Mango ice cream***

Use ripe mangos, peeled and mashed. Strain the pulp, add sugar, cream and freeze. The result is better if prepared in an ice cream freezer.

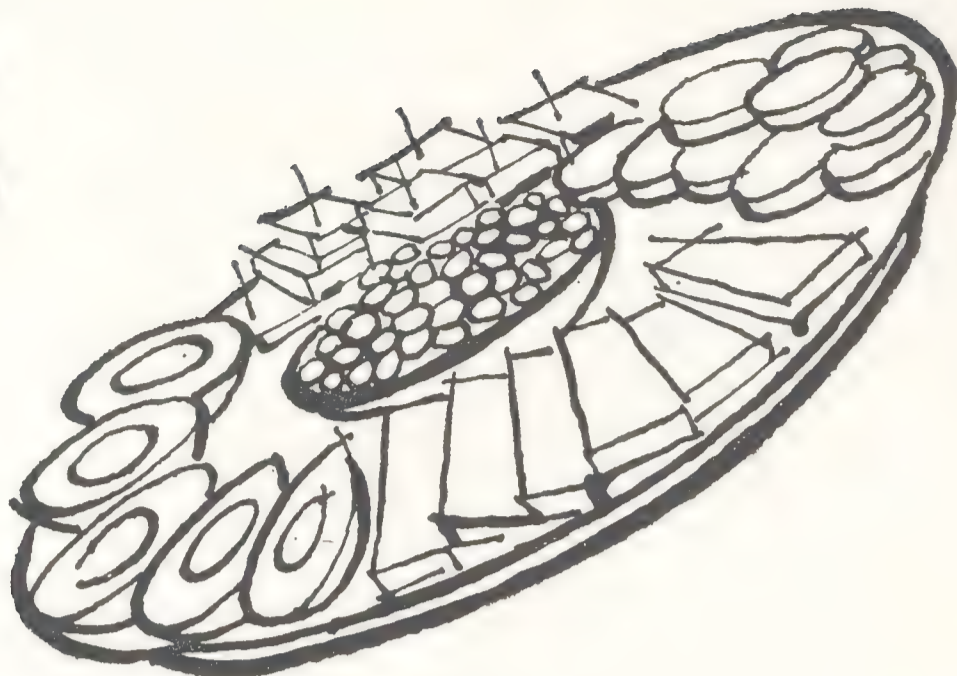
### ***Pineapple jelly***

2 lb. fresh pineapple, 3 C sugar.

Peel the fruit and remove hard pieces. Cut fruit into small pieces and simmer on low heat then strain through a cloth. Boil the juice with the sugar until the thickness of jam is obtained. Pour into clean jam jars and seal them with wax paper.

**for your personal recipes**

# COCKTAIL HOUR IN THE ANTILLES



## **Egg cocktail**

### **Cocktail di weboe**

Beat 6 eggs with 1 C confectionary sugar, 4 Tbs. flour, 1 bottle of brandy, 4 tsp. angostura, 1 Tbs. vanilla and a piece of lemon or lime rind. Shake well with crushed ice.

## **Orange cocktail**

### **Cocktail di applesina**

Use juice of oranges. Divide the oranges into small pieces and remove skin and seeds. Add 1 level Tbs. orange-bitters and a little jenever (Dutch bols), a small glass of red French vermouth and confectionary sugar to taste. Shake well and chill. Decorate glasses with a maraschina cherry.

## **Cala (Spicy balls of beans)**

### **Cala**

½ lb. black-eyed beans, 3 hot peppers, 1 scant Tbs. salt, oil for frying, 4-6 Tbs. cold water, 1 tbs. baking powder.

Soak beans in water for 24-36 hours. Shell and drain in a strainer. Grind beans as fine as possible together with seedless hot peppers and salt. Beat well in mixing bowl slowly adding water until a fluffy mixture is obtained. Add baking powder. Drop from teaspoon into hot oil and fry until brown on both sides. Drain.

## ***Cheeseballs***

**Kesita**

1 lb. grated cheese, 6 egg whites, pepper, crisco or lard.

Beat eggwhites well and add grated cheese. Stir until smooth. Heat oil and make little balls of egg-cheese mixture. Fry them a nice yellow color and drain. Do not fry until brown or they will be bitter.

## ***Banana stuffed***

**Banana llená**

Use not quite ripe plantain. Cut fruit into pieces and remove seeds. Boil fruit in water for 1 hour and drain and mash. For every banana add 1 Tbs. grated cheese and a little butter. Make round, flat pancakes. Place in center of each pancake a little of the following: ground-up well cooked meat, raisins, cut-up olives, hot pepper, chopped onion and parsley. Fold or roll pancakes, dip in beaten eggs and fry in hot oil.



**for your personal recipes**

# FOOD-VALUE OF GREENS AND FRUITS

Article of food per 100 gramme	Water g	Calo- ries	Glair g
potatoes . . . . .	76	92	2
sweet potatoes . . . . .	68	125	1.8
french beans . . . . .	81	61	6
chow-chow (purslane) . . . . .	95	10	1
eggplant . . . . .	93	15	0.7
cucumber, big . . . . .	97	6	0.5
kalbas . . . . .	95	19	0.6
cucumber, small . . . . .	id.	id.	id.
turnips . . . . .	90	32	2
cabbage . . . . .	92	22	1.8
garterbeans . . . . .	89	42	2.4
okra . . . . .	90	39	1.8
red beet . . . . .	89	39	2
black radish . . . . .	85	51	2
radish . . . . .	95	14	1
spinach . . . . .	94	15	2
salad . . . . .	94	19	2
haricot bean . . . . .	94	18	2
celery . . . . .	90	17	1
tomato . . . . .	95	18	1
parsley . . . . .	87	51	4
pumpkin . . . . .	90	36	1.2
hot pepper . . . . .	92	35	2
leak . . . . .	90	31	2
sweet pepper . . . . .	92	29	1.2
whole corn . . . . .	12	365	9.1
onion . . . . .	90	35	1
greens . . . . .	92	25	1.4
carrot . . . . .	88	45	1.2
advocado . . . . .	65	265	1.7
pine . . . . .	78	58	0.4
banana . . . . .	73	94	1.3
plantain . . . . .	68	113	1.2
coco-nut . . . . .	38	401	4.0
grape . . . . .	82	65	0.5
breadfruit . . . . .	76	84	1.1
guajaba . . . . .	81	69	1.0
grape fruit . . . . .	89	44	0.5
lime . . . . .	89	44	0.9
orange . . . . .	87	50	0.9
medlar . . . . .	76	90	0.6
mango . . . . .	82	65	0.7
melon . . . . .	93	26	0.7
watermelon . . . . .	89	39	0.6
papaja . . . . .	92	31	0.5
scale apple . . . . .	73	95	1.9
sour-sop . . . . .	80	71	0.8
tamarind . . . . .	×	×	×
peanut-roasted . . . . .	2.6	600	26.9

Fat g	Carbo- hydrates g	Potas- sium g	Forfor mg	Iron mg	Vit. A I.U.	Vit. B mg	Vit. C mg
0.2	20	10	60	0.8	traces	0.8	13*
0.7	28	30	40	0.7	7700**	0.16	22
0.4	8	40	50	0.5	200	0.07	22
0.2	1	130	70	3	1700	0.06	7
—	3.1	10	12	0.4	35	0.045	10
—	1	20	30	0.5	—	0.005	6
0.1	3.9	id.	id.	id.	id.	id.	id.
id.	id.	15	15	0.4	260	0.09	17
0.1	5.5	90	55	1.2	250	0.075	50
0.2	3	50	30	0.05	—	0.04	8
0.2	7.7	65	44	1.1	630	0.18	19
0.2	7.4	82	62	0.7	740	0.22	30
0.2	7	30	40	1	—	0.02	8
0.2	10	120	70	2	—	0.05	20
0.2	2	30	30	2	—	0.05	2
0.3	2	130	70	3	5000	0.06	2
0.3	2	30	40	1	1500	0.05	12
0.2	2	40	30	0.5	200	0.07	8
0.1	3	80	40	0.1	1300	0.02	24
0.2	3	80	40	0.1	1300	0.02	14
0.7	7	40	30	5	3200	0.06	30
0.2	7.3	21	44	0.8	×	×	8
0.3	5	26	6	0.4	700	0.004	100
0.3	5	60	30	1	600	0.12	15
0.2	5.7	11	25	0.4	630	0.11	120
3.7	73.9	18	276	2.7	510	6.62	2
0.3	7	30	40	0.5	traces	0.03	5
0.2	4.4	—	36	4.0	2800	0.19	38
0.3	9.3	39	37	0.8	12000	0.13	6
26.4	5.1	10	38	0.6	290	1.37	16
0.2	13.7	16	11	0.3	130	0.3	24
0.4	24.0	8	28	0.6	430	0.75	10
0.5	29.2	×	×	×	×	×	×
40	2	19	85	2.3	—	—	0.7
0.2	15	20	30	0.2	—	—	3
0.4	21.3	×	×	×	×	×	×
0.4	17.3	×	×	×	×	×	×
0.2	10.1	17	18	0.3	traces	0.26	40
0.6	8.7	14	10	0.1	0	0.14	45
0.2	11.2	33	23	0.4	190	0.31	49
1.1	22	×	×	×	×	×	×
0.2	17	×	×	×	×	×	×
0.2	6.0	14	10	0.8	—	—	13
0.1	10.1	7	12	0.2	590	0.3	6
0.2	6.9	×	×	×	×	×	×
0.5	23.5	×	×	×	×	×	×
0.4	18	×	×	×	×	×	×
×	×	×	×	×	×	×	×
44.2	23.6	74	393	1.9	0	16.66	6



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	Eggcake (sponge cake made flat) . . . . .	38
	Egg cocktail . . . . .	47
<b>F</b>	Fish soup . . . . .	10
	Fish croquettes . . . . .	15
	Fish cakes . . . . .	15
	Fish omelet . . . . .	16
	Fish in the oven . . . . .	16/21
	Fish with rice . . . . .	17
	Fried eggplant . . . . .	33
<b>G</b>	Ground liver . . . . .	26
	Guayaba marmelade . . . . .	41
<b>H</b>	Hayaccas . . . . .	18
	Head cheese . . . . .	25
<b>L</b>	Lobster soup . . . . .	10
	Lobster salad . . . . .	15
	Liverpaste . . . . .	26
	Lambchops . . . . .	28
<b>M</b>	Meat soup . . . . .	9
	Mango dessert . . . . .	41
	Meringues with Coconut or Peanut . . . . .	44
	Mango ice cream . . . . .	45
<b>O</b>	Oyster soup . . . . .	11
	Okra soup . . . . .	11
	Oyster pudding with shrimp . . . . .	23
	Orange cocktail . . . . .	47
<b>P</b>	Pumpkin soup . . . . .	12
	Preserved fish . . . . .	23

Pumpkin pancakes . . . . .	40
Pumpkin cake . . . . .	43
Pineapple cake . . . . .	45
Pineapple jelly . . . . .	45
<b>R</b> Rice pancakes . . . . .	39
<b>S</b> Spanish tutu . . . . .	18
Stewed fish . . . . .	21
Stewed fish balls . . . . .	22
Stewed lobster . . . . .	22
Stuffed fish . . . . .	22
Stuffed cheese . . . . .	23
Stewed liver . . . . .	25
Stuffed land turtle . . . . .	27
Stewed meat with potatoes . . . . .	28
Small meat cakes . . . . .	29
Stewed carrots . . . . .	31
Stuffed cabbage . . . . .	32
Stewed eggplant . . . . .	32
Stuffed pumpkin . . . . .	34
Stewed pumpkin . . . . .	34
Soursap pudding . . . . .	37
Strawberry pudding . . . . .	38
Small coconut cakes . . . . .	44
<b>T</b> Tripe soup . . . . .	12
Turtle soup . . . . .	12
Tutu Curaçao . . . . .	32
<b>W</b> Wine soup . . . . .	13



